

MEALS ON THE MOOVE

DELICIOUS MAY MEALS

MAY

PBJ DONUT

- 2 tablespoons butter
- 4 tablespoons flour
- 2 tablespoons applesauce
- 2 tablespoons sugar
- 1 tablespoon milk
- ½ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- 1 tablespoon favorite jam/fruit butter/
fruit spread
- 1 tablespoon peanut butter
(or other nut butter)
- Powdered sugar

Place butter in mug and microwave until melted (about 20 seconds). Add flour, egg yolk, sugar, milk, baking powder, cinnamon and mix well. Dollop with the jam and peanut butter. Microwave for 45 seconds or until firm on top (keep an eye on it; it could explod). Remove from microwave and sprinkle with powdered sugar if desired.

Optional: add nuts, chocolate chips, or berries into mixture for more fruit flavor. Don't forget the milk to enjoy with your donut!

GRANOLA ON THE RUN

- 1 tablespoon maple syrup or honey
(or sweetener of choice)
- 2 tablespoons water
- 1 teaspoons oil
(I use nut oils for added nutrition)
- Dash of salt
- 1/4 cup oats
- 1 tablespoon dried fruit
- 1 tablespoon chopped nuts
(same nut as the nut oil)

In large mug, mix all ingredients; being sure to mix in the syrup well. Microwave 90 seconds and stir well again. Cook 60 seconds longer until oats are golden brown; don't burn. Let stand for 3 minutes and use over yogurt; add milk, or sprinkle over ice cream. Store remaining granola in an air-tight container.

OVERNIGHT OATMEAL

- 1 teaspoon butter
- 2 eggs
- Dash each onion powder,
salt, pepper, dry mustard
and nutmeg

Add up to 4 tablespoons of the toppings of your choice

Melt butter in large mug and swirl around. Add egg and beat well with any spices desired. Add 1 tablespoon water if desired (for more dense eggs). Add toppings. Heat in microwave 60 seconds; stir well. Heat an additional 30-45 seconds until desired doneness. Remove and allow to set for 30 seconds to finish cooking. Add extra cheese, yogurt or sour cream for more flavor!

TOPPING CHOICES

Shredded cheese, spinach, peas, chopped onion, mushrooms, broccoli (diced), diced bell pepper, cream cheese, carrots (diced), diced ham, jalapeños, cooked rice, crumbled bacon, salsa, shredded sweet potato, sausage crumbles, cilantro, or pineapple

